



Conley-Guerrero

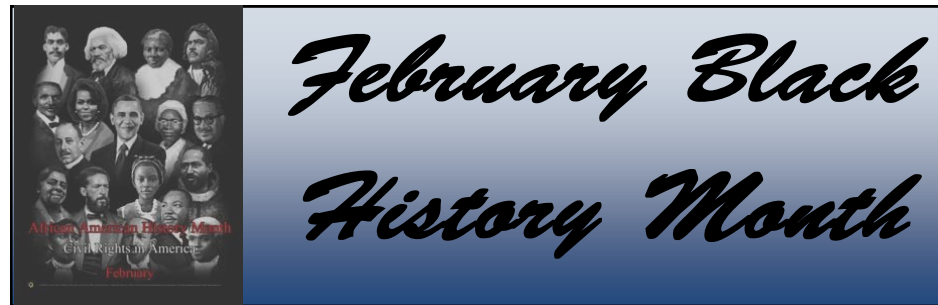
Senior Activity Center

808 Nile St. Austin, TX 78702

(512) 978-2660

Fax: (512) 479-4140

January/February 2014



**Closed for MLK Day
Monday, January 20, 2014**

**Closed for Presidents' Day
Monday, February 17, 2014**

<http://www.austintexas.gov/department/conley-guerrero-senior-activity-center>



The City of Austin is proud to comply with the Americans with Disabilities Act.
If you require assistance for participation in our programs or use of our
facilities, please call (512) 974-3914.



Welcome To



Hours of Operation:

Monday, Wednesday and Friday

8:00 AM - 5:00 PM

Tuesday and Thursday

8:00 AM - 8:00 PM

Staff

Gladys A. Runnels, *Program Supervisor*
Dina R. Cantú, *Program Specialist*;
Carrolyn Vaterlaus, *Program Specialist*
Arthur Ramirez, *Building and Grounds*
Estela Rodriguez, *Administrative Associate*
Sharon Campbell, *Administrative Associate*
Mary Roberts, *Activity Instructor*
Miriam Jones, *Activity Specialist*
Jesse Carmona, *Senior Volunteer*

Austin Parks and Recreation Department Refund Policy

The activity/program fee is refunded in full only if the class is cancelled by the Austin Parks and Recreation Department. In the event you need to withdraw from a class due to personal reasons, personal injury/illness, etc., the prorated activity fee minus a \$10 processing charge will be refunded. A medical verification may be required. Please allow 4-6 weeks for refunds to be processed and mailed - **no cash** refunds will be given. If the refund amount is less than \$10, no refund will be issued but you may receive a class credit form to be used within 90 days.

Conley-Guerrero!

Austin Parks and Recreation Department Mission Statement

The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural, and outdoor experiences for the Austin Community.

Conley-Guerrero Senior Activity Center Mission Statement

The purpose of the Conley-Guerrero Senior Activity Center is to provide quality recreational and cultural activities and programs to seniors in order to enhance their quality of life.

Austin Parks and Recreation Department

Sara L. Hensley, CPRP, *Director*
Kimberly A. McNeely, CPRP, *Assistant Director*
Jesse Vargas, *Assistant Director*
Cora Wright, *Assistant Director*
Tom Nelson, *Division Manager-CPD*
Tiffany M. Cabin, *Program Manager*

Parks Board

Jane Rivera, *Chair*
Jeff Francell, *Vice Chair*
William Abell, *Board Member*
Susana Almanza, *Board Member*
Dale Glover, *Board Member*
Lynn Osgood, *Board Member*
Susan Roth, *Board Member*

Office of the City Manager

Marc Ott, *City Manager*
Michael McDonald, *Deputy City Manager*
Rey Arellano, *Assistant City Manager*
H. G. (Bert) Lumbreras, *Assistant City Manager*
Robert Goode, *Assistant City Manager*
Sue Edwards, *Assistant City Manager*
Anthony Snipes, *Assistant City Manager*
Ray Baray, *Acting Chief of Staff*

City Council

Mayor Lee Leffingwell
Sheryl Cole, *Mayor ProTem (Place 6)*
Chris Riley, *Place 1*
Mike Martinez, *Place 2*
Kathie Tovo, *Place 3*
Laura Morrison, *Place 4*
Bill Spellman, *Place 5*

Sewing

Beginner to Advanced

Mondays & Tuesdays

1:00 PM - 5:00 PM

Students will get one-on-one instruction on basic sewing and sewing machine skills. Advanced students will cover the art of quilting and other crafts using cloth.

Instructor: Mirian Jones

Cost: \$5.00 per month

Beginner's Quilting

Beginner to Advanced

Wednesdays & Thursdays

1:00 PM - 3:00 PM

This class teaches new quilters the basic concept of quilting.

Instructor: Margarine Beaman

Cost: Free

Education

Bible Study

Mondays & Thursdays

10:00 AM - 11:30 AM

Study is taught from the King James version of the Bible. Classes are conducted from lesson plans and "open format".

Instructors: Various

Cost: Free

Arts & Crafts



Ceramics

Beginner to Advanced

Mondays

9:30 AM - 11:30 AM

&

Tuesdays

5:45 PM - 7:45 PM

Students will be introduced to different painting and glazing techniques. Class includes group projects and kiln firings.

Instructor: Mary Roberts

Cost: \$10.00 per project

Spanish Class

Beginner to Advanced

Mondays & Wednesdays

1:00 PM - 3:00 PM

Learn basic Spanish in a relaxed atmosphere.

Instructor: Maestro Dotson

Cost: Free

Music & Dance

Conley-Guerrero Inspiration Choir

Tuesday (1st and 3rd)

10:00 AM - 11:30 AM

Bring cheer and good will through song! The choir practices traditional songs, and performs at special functions at our facility and throughout Austin.

* **Tuesday, January 14:** Riverside Retirement

Instructor: Vacant looking for new pianist

Cost: Free



Ballet Folklorico

Mondays & Wednesdays

11:00 AM - 12:00 PM

The group practices traditional Mexican folkloric ballet. Performances are held at Conley-Guerrero SAC and throughout Austin. (Will resume March 2014)

Instructor: Juanita Lopez

Cost: Free



"Golden Ace" R&B Line Dance

Thursdays

10:00 AM - 11:00 AM

Get your blood pumping and feet moving to Rhythm & Blues, Hip Hop music and steps! (Will resume February 2014)

Instructor: L.M. Rivers & Brenda Malik

Cost: Free

Be sure to update your membership and class registrations!

Fitness



Exercise 1 & Exercise 2

Beginner to Intermediate

Mondays, Wednesdays & Fridays
9:30 AM - 10:15 AM & 10:30 AM - 11:00 AM

Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.

Instructors: Eleanor Perkins & Martha Johnson

Cost: Free

Walking Group

Beginner & Intermediate

Wednesdays

8:30 AM - 9:30 AM

(Will resume February 22, 2014)

This walking group is on-going with volunteer coaches. Participants are encouraged to walk in groups of two or more. Walk at your own pace.

Instructors: Carolyn & Estela

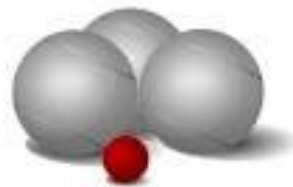
Cost: Free

Bocce Ball

(226500-07)

Beginners to Intermediate

Fridays: 10:00 AM - 11:30 AM



"This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck. Bocce ball is a great game to play outside on a beautiful day. It is highly popular among seniors."

Instructors: Staff and Volunteers

Cost: Free

Games

Domino Group

Monday thru Friday

8:00 AM - 5:00 PM

The group plays regular dominoes.

Bridge

All Levels

Tuesdays & Thursdays

2:00 PM - 7:45 PM

Contract/Party Bridge

Bingo

Mondays & Fridays

1:00 PM - 2:30 PM

Socialize and play bingo.

\$1.00 per card

(Volunteer Callers needed)

Billiards Room

Monday - Friday

8:00 AM - 5:00 PM

Open Puzzle Table

Monday - Friday

8:00 AM - 5:00 PM

Enjoy putting together an assortment of puzzles!

Special Interest

Trace Your Roots

Thursdays

1:00 PM - 3:00 PM

January 30

February 13 and 27

Learn to find your ancestors by using resources available through genealogy websites. Instructor will help you navigate the sites and fill out your pedigree charts. Class includes occasional field trips to local libraries which contain additional records. The class is free. However, if you need to obtain records not found through the internet, the Bureau of Vital Statistics does collect a fee for that service.

Instructor: Carolyn & Francis Davila

Cost: Free

Blood Pressure Checks with Wesley Nurse

Health Ministries

Tuesdays

January 28 and February 25

10:30 AM - 11:30 AM

Game Room II

Nurse: Sharon

Birthday Cake

Tuesdays

January 28 and February 25

12:30 PM

Sponsored by
Southwood Care Center



Upcoming Classes

Health for Life Texas

With

Michael Ross

Tuesdays

January 7 & 21 and February 4 & 18

10:00 AM - 11:30 AM



In these FREE classes you will learn how to:

Find out how diabetes affects your body

Make sense of your blood sugar numbers

Meet others who have diabetes

Have fun learning in a small group through games, activities and support conversations

Learn about diabetes through classes located in the community near your neighborhood .

*Michael Ross, Project Manager for Leading, Mentoring and Bridging Specialty Organization

Maximum per class: **30 registered participants**. You may only sign yourself up for this program.

Special Events

***Dr. Martin Luther King, Jr. Bingo Social
with the Travis Sheriff Department***



Thursday, January 16

5:00 PM - 7:00 PM



Cost: \$4.00 gets you 1 bingo card and BBQ dinner.

Black History Month Program

“Civic Rights in America”

Friday, February 14

10:30 AM - 12:00 PM

Lunch 12:00 PM

Sponsored By
Conley-Guerrero
Advisory Board

Special Performances By:

***Conley- Guerrero
Choir***

***Golden ‘Ace’
Line Dance
Team***



Source: www.diversitystore.com

January Trips

All activities/trips are done through a lottery registration. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for a programs you may register for yourself and one other current participant. Activities and trips that have a fee must be paid in full by two business days of selection. Local trips must have a minimum of seven participants and out of town trips must have a minimum of ten participants signed-up by deadline (two business days before trip).

If paying with cash, please bring exact amount for your transaction.

(*Indicates meal on your own)

January lotto selection is on January 2, 2014 (12 PM)

Bluebell Creamery & Downtown

Brenham, Texas

Thursday, January 9

Well tour the Blue Bell Creamery
@ 10:00 AM

Lunch and tour/shop downtown
Brenham 12:00PM - 2:00 PM.

Depart: 8:00 AM
Return: 4:00 PM
Trip Cost: \$7.50*
Tour Cost \$4.00



Source: www.bluebell.com



North Austin Thrifty Store Shopping

Friday, January 10

Now that the holidays are over, everyone has set up their new gifts from Santa and have taken their slightly used items to the thrift store. It's a great time to do some treasure hunting. We will shop and have lunch in north Austin.

Depart: 9:30 AM
Return: 3:00 PM
Trip Cost: \$2.00

Lunch Day Out @ Jalisco's Restaurant and Bar

Thursday, January 23

Come and join us for lunch day out at Jalisco's Restaurant and Bar. Delicious fresh Mexican food, good portions at a fair prices and in a nice atmosphere.



www.google.com

Depart 10:30 AM
Return 1:30 PM
Cost: \$2.00*

Cine de Oro @

The Emma S. Barrientos Mexican American Cultural Center

Tuesday, January 28

"Los Tres Huastecos / The Three from Huasteca: 1948

This is the story of three brothers (a priest, a soldier and a outlaw) that are raised separately by their godfathers once their mother dies. They cross their paths again with the soldier and the priest move into two towns near the town the outlaw lives in. The drama unfolds once the three brothers meet each other. Spanish with English subtitles.



Source: accAustin.org

Depart 9:00 AM
Return 12:30 PM
Cost: Free

Austin Aquarium

Tuesday, February 4

Depart: 9:30 AM
Return: 2:00 PM
Cost: \$2.00*
Admission: \$5.00



Source: www.austinaquarium.com

February Trips

All activities/trips are done through a lottery registration. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for a programs you may register for yourself and one other current participant. Activities and trips that have a fee must be paid in full by two business days of selection. Local trips must have a minimum of seven participants and out of town trips must have a minimum of ten participants signed-up by deadline (two business days before trip).

If paying with cash, please bring exact amount for your transaction.

(*Indicates meal on your own).

February lotto selection is on February 3, 2014 (12 PM)

State Capitol & Old Bakery Tours Lunch @ Stubb's Bar-B-Q

Moderate Walking involved with this trip

Thursday, February 20



Depart: 8:30 AM

Return: 2:30 PM

Cost: \$2.00*



Source: www.google.com

Source: www.google.com

Cine de Oro @

The Emma S. Barrientos Mexican American Cultural Center

Tuesday, February 25

“Los Tres Huastecos / The Three from Huasteca: 1948

“Returning to his home town, seminarist Miguel is forced to trade the robes for a charro costume in order to solve several problems that appear in his way, including the female kind.”

Depart: 9:00 AM

Return: 12:30 PM

Cost: FREE



Source: maccaustin.org

Lunch Day Out @ Pappadeaux Seafood Kitchen

Thursday, February 27

Pappadeaux Seafood Kitchen has been serving up the finest and freshest seafood around since 1986. Enjoy the finest Louisiana-style dishes or sample from the Chef's Selections menu with the latest seasonal creations featuring only the freshest fish and produce available.



Where fresh meets festive.

Depart: 10:30 am

Return: 1:30 pm

Cost: \$2.00*

Source: pappadeaux.com

Black History Quote by Dr. Martin Luther King, Jr.

“As long as there is poverty in the world I can never be rich, even if I have a billion dollars. As long as diseases are rampant and millions of people in this world cannot expect to live more than twenty-eight or thirty years, I can never be totally healthy even if I just got a good checkup at Mayo Clinic. I can never be what I ought to be until you are what you ought to be. This is the way our world is made. No individual or nation can stand out boasting of being independent. We are interdependent.”

Tips and Gratuities - Reminder!!!!

City of Austin policies prohibits ALL staff members and volunteers from accepting or soliciting any gifts, gratuities (tips) or favors in any form for any purpose or services.

PLEASE do not put staff in an uncomfortable position or jeopardize any position by violation of this policy. A simple **“Thank You”** or a smile is appreciated and will not put our staff at risk.

Report any violation to management.

Special Announcement

The Conley-Guerrero Senior Activity Center (SAC) is pleased to announce the contestants for the

Crowning of King and Queen

Queen

Janey Martinez

Evelyn Nealy

Mirdie Manor

King

Matt Bragg

Lee Dawson Sr.

Eric Nunn

This year's ball and dinner will be held on

Tuesday, February 11, 2014

(6:00 PM - 8:00 PM)

Tickets to the dinner and sponsorship for this event can be purchased from contestants and advisory board members.

The male and female contestants that raise the most money will be crowned king and queen for 2014/15.

Come out and support your favorite contestants at the following fundraisers.

Garage Sales (8:30 AM - 11:45 AM)

Tuesday, January 14

Thursday, January 30

Friday, February 7

A Moment in Time...

Remembering Dr. Martin Luther King, Jr.

Friday, January 17

11:00 AM

Highlights from Dr. King's speeches and a special gift from Conley-Guerrero Advisory Board.



Source: biography.com



Polka Dot Day

Tuesday, January 21

11:30 AM

Everyone is encourage to wear polka dots.

Source: gogirlsgo.net

Eskimo Pie Day

Friday, January 24

11:30 AM

"Eskimo Pie is a hard chocolate-covered vanilla ice cream bar wrapped in foil. The yummy treat would never have been invented had it not been for one observant boy whose friend couldn't make up his mind."



Source: thinkofthat.net

National Corn Chip Day

Wednesday, January 29

11:30 AM



"Modern corn chips were born during the Depression, when an American confectioner, searching for shelf-stable corn snack, stumbled upon a Mexican man frying the chips at a gas station."

Source: en.wikipedia.org

Concert Series

Farley

“Live In Concert”

Wednesdays

January 8 and February 12

11:30 AM



“Free”

Mark Your Calendar...

National Chocolate Mint Day

Wednesday, February 19

11:30 AM

“Chocolate Mint Day celebrates anything and everything that is chocolate mint flavored. The most common chocolate mint treats are ice cream, candies, and desserts. Not everyone likes chocolate mint. But those who do love it. No, we don't know why some people don't like this great flavor. But, we do feel sorry for them!

For Chocolate Mint lovers, this is truly a great day. Whether its candies, ice cream or desserts, make sure to get your fill of Chocolate Mint.”



Source: <http://en.wikipedia.org/wiki/>

For Your Enjoyment...

The Computer Lab at Conley-Guerrero

Monday – Friday: 9:00 AM – 4:45 PM



austinfreenet

Anderson Basic Computer Class

All Levels

Monday, Wednesday and Friday: 10:00 AM - 12:00 PM

Learn basic internet browsing, word processing and more in 10 weeks. *Please fill out an enrollment form before your first class.*

(Walk-ins are welcome).

Instructor: Robert Anderson

Cost: Free

Free Computer Classes* for Older Adults: Access Reliable Health Information on the Internet

All Levels Welcome

Tuesday & Thursday Classes

January 21, 2014 - February 13, 2014

10:00 AM - 12:00 PM

Part of a National Institutes of Health-funded research study, the classes meets 8 times during the course of the month. Participants can receive up to \$100 in gifts cards from Target.

During Sessions 1 and 8, participants complete anonymous surveys that will take up a significant part of the session. **Sponsored By UT School of Nursing**

*Maximum per class: **8 registered participants**. You may only sign yourself up for this program.

Advisory Board

Margarine G. Beaman, *President*

Vacant, *Vice President*

Marvin Massie, *Treasurer*

Vacant, *Sgt. At Arms*

James "Jim" Clayton, *Secretary*

Alice Houston-Johnson, *Corr. Secretary*

Olivia Ussery, *Parliamentarian*

Willie Adams, *Member*

Eddie Pearl Rucker, *Member*

Larry Graugnard, *Member*

Guild

Ida M. Hunt, *President*

Dr. Beulah Agnes Jones, *Vice President*

Nellie Tellez, *Recording Secretary*

Jimmy L. Bowie, *Treasurer*

Elva Arambula, *Courtesy/Social Chair*

Matt Bragg, *Member*

Elridge Nelson, *Member*

Conley-Guerrero S.A.C. Newsletter

Newsletters can be mailed to your home or business address.

Cost: \$5.00/12 months

If paying with a check, please make payable to:

Conley-Guerrero Advisory Board.

Only Conley-Guerrero Advisory Board Members can receive any annual donations or payment to have the newsletter mailed to you.

Please ask at the front counter and the staff will contact an Advisory Board member to take your donation.



Board Bulletin

Executive Board Meeting:

Tuesday, Jan 14 @ 1:00 PM

Guild Meeting:

Thursday, Jan 16 & Feb 20 @ 9:00 AM

Advisory Board Meeting:

Tuesday, Jan 28 & Feb 25 @ 1:00 PM

GIFTS AND MEMORIAL FUNDS

Honor a relative or a friend with a gift to the Conley-Guerrero Senior Activity Center in his/her memory. Acknowledgment will be mailed promptly to the family or individual indicated by the donor. Your gift will be dedicated to the activities of the participant.



Enclosed is my gift of \$ _____

In memory of _____

Please mail to: Gifts and Memorial Fund

Conley-Guerrero Senior Activity Center

808 Nile Street Austin, Texas 78702

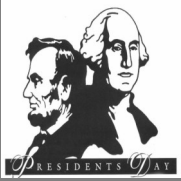
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>** Milk is served at every Meal.</p>		<p>1</p>  <p>Closed for New Year's Day</p>	<p>2</p> <p>Chili with Beans Oven Roasted Potatoes Green Beans with Onions Saltine Crackers Strawberry Swirl Pudding</p>	<p>3</p> <p>Fish Nuggets Corn O'Brien Cabbage with Carrots Wheat Bread Fresh Fruit Tartar Sauce</p>
<p>6</p> <p>Mozzarella Chicken Patty Lemon Herb Pasta Spinach Wheat Bread Fresh Fruit</p>	<p>7</p> <p>Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Pineapple Tidbits Mustard and Catsup</p>	<p>8</p> <p>Turkey Noodle Casserole Herbed Green Beans Rosemary Carrots Wheat Bread Fruited Orange Gelatin</p>	<p>9</p> <p>Lemon Pepper Chicken Breast Stewed Tomatoes Broccoli Cornbread Fresh Banana</p>	<p>10</p> <p>Bean and Cheese Burrito Queso Sauce Confetti Brown Rice Capri Vegetables Tortilla Chips Fresh Fruit</p>
<p>13</p> <p>Country Fried Steak Country Gravy Whipped Potatoes Broccoli & Cauliflower Wheat Bread Fresh Fruit</p>	<p>14</p> <p>Tim Andrew's BBQ Pork Rib Patty Ranch Beans Dilled Carrots Wheat Bread Fresh Fruit</p>	<p>15</p> <p>Turkey Taco Meat Lettuce & Tomato Spanish Brown Rice Wheat Tortilla Peach Crisp Taco Sauce</p>	<p>16</p> <p>Chicken Salad Three Bean Salad Cucumber Salad Saltine Crackers Fresh Fruit</p>	<p>17</p> <p>Fish Nuggets Macaroni & Cheese Mediterranean Vegetables Wheat Bread Fresh Banana</p>
<p>20</p>  <p>Closed for Martin Luther King, Jr Day</p>	<p>21</p> <p>Beef Spaghetti Casserole Green Beans with Onions Sliced Carrots Wheat Bread Fresh Fruit</p>	<p>22</p> <p>Oven Fried Chicken Thigh Mashed Spiced Yams Broccoli Wheat Bread Diced Pears</p>	<p>23</p> <p>Turkey Breast with Gravy Tossed Salad Lemon Orzo Wheat Bread Mixed Fruit Crisp Lite Ranch Dressing</p>	<p>24</p> <p>Ron Lantz' Meatloaf Tomato Gravy Whipped Potatoes with Skin Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p>27</p> <p>Grilled Port Patty Brown Gravy Delmonico Potatoes Squash, Zucchini & Tomatoes Wheat Bread Fresh Fruit</p>	<p>28</p> <p>Smoked Turkey Sausage Baked Beans Confetti Coleslaw Hot Dog Bun Hot Sliced Peaches Mustard</p>	<p>29</p> <p>Charlene's Tuna Salad Pasta Salad Beet Salad Saltine Crackers Fresh Fruit</p>	<p>30</p> <p>Salisbury Beef Onion Gravy Brown Rice Mixed Greens Cornbread Vanilla Pudding</p>	<p>31</p> <p>Cheesy Macaroni Italian Vegetables Stewed Tomatoes Dinner Roll Fresh Fruit</p>

J A N U A R Y

Meet new and interesting people during lunch. Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **10 AM** each morning.

Lunch is served **Monday - Friday at 12 PM - 12:30 PM.**

A \$1.00 donation for those over the age of 60 years is greatly appreciated. If you are under the age of 60, the cost of the meal is \$5.39.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swiss Steak Green Peas Diced Beets Texas Bread Fresh Fruit Cal: 638	4 King Ranch Chicken Casserole Brown Rice Fiesta Vegetables Wheat Bread Fresh Fruit Cal: 624	5 Apple Glazed Turkey Ham Lima Beans Turnip Greens Cornbread Fruited Cherry Gelatin Margarine Cal: 780 57	6 Chili with Beans Oven Roasted Potatoes Green Beans with Onions Saltine Crackers Strawberry Swirl Pudding Cal: 646	7 Fish Nuggets Corn O'Brien Cabbage with Carrots Wheat Bread Apple Juice Tartar Sauce Cal: 630
10 Mozzarella Chicken Patty Lemon Herb Pasta Spinach Wheat Bread Fresh Fruit Cal: 675	11 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Pineapple Tidbits Mustard and Catsup Cal: 699	12 Turkey Noodle Casserole Herbed Green Beans Rosemary Carrots Wheat Bread Fruited Orange Gelatin Cal: 622	13 Lemon Pepper Chicken Breast Stewed Tomatoes Broccoli Cornbread Fresh Banana Margarine Cal: 605	14 Valentine's Day Honey Baked Chicken Thigh Whipped Potatoes with Skins Capri Vegetables Dinner Roll Strawberry Cheesecake Pudding Cal: 847
17  Closed for President's Day	18 Tim Andrew's BBQ Pork Rib Patty Ranch Beans Dilled Carrots Wheat Bread Fresh Fruit Cal: 663	19 Turkey Taco Meat Lettuce and Tomato Spanish Brown Rice Wheat Tortilla Peach Crisp Taco Sauce Cal: 650	20 Chicken Salad Three Bean Salad Cucumber Salad Saltine Crackers Fresh Fruit Cal: 685	21 Fish Nuggets Macaroni and Cheese Mediterranean Vegetables Wheat Bread Grape Juice Tartar Sauce Cal: 760
24 Baked Chicken Patty with Gravy Whole Kernel Corn Brussels Sprouts Wheat Bread Fresh Fruit Cal: 611	25 Pork Loin with Gravy Green Beans with Onions Sliced Carrots Wheat Bread Fresh Fruit Cal: 604	26 Oven Fried Chicken Thigh Mashed Spiced Yams Broccoli Wheat Bread Fruited Lemon Gelatin Cal: 776	27 Turkey Breast with Gravy Tossed Salad Lemon Orzo Wheat Bread Mixed Fruit Crisp Lite Ranch Salad Dressing Cal: 622	28 Ron Lantz's Meatloaf Tomato Gravy Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Orange Pineapple Juice Cal: 618
		** Due to unavailability of certain items, appropriate substitutions may need to be made. ** Milk is served at every Meal.		

FEBRUARY

Meet new and interesting people during lunch.

Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **10 AM** each morning.

Lunch is served **Monday - Friday at 12 AM - 12:30 PM.**

A \$1.00 donation for those over the age of 60 years is greatly appreciated. If you are under the age of 60, the cost of the meal is \$5.39.

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